

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

JANUARY/FEBRUARY 2014

HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

January and February's Message

Wishing you and your family a happy, healthy and fruitful new year, a year of renewed hope!

The need for renewal is generally on our minds this time of year. Take the first step by at least trying one new activity at the Senior Center in 2014. Many of you have joined us for special events here this fall or received help with your Medicare. Try our ongoing wellness activities. Remember, many health insurance plans offer a fitness benefit. The fees for some of your activities here at the Senior Center can be used to redeem this benefit! The Hanover Senior Center has so much to offer!

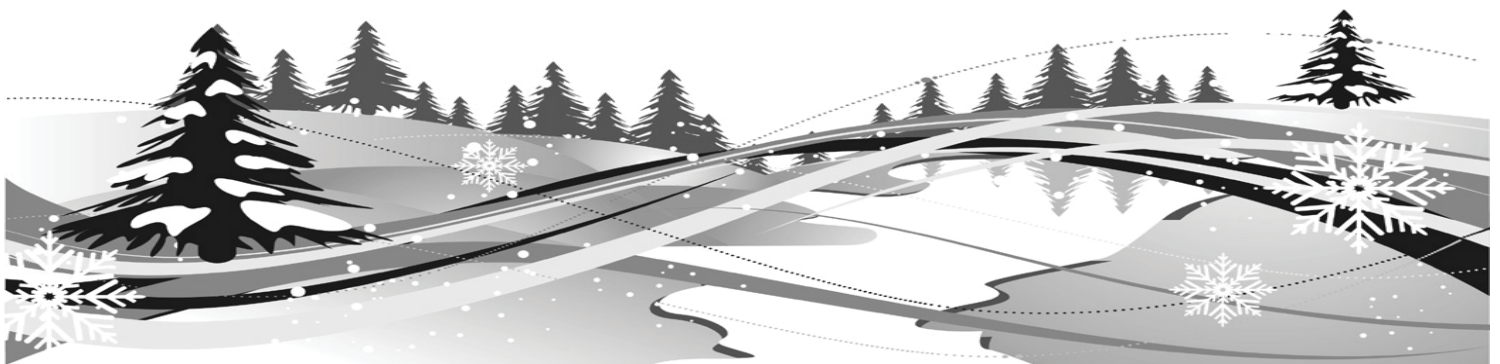
The stereotypical Senior Center does not exist here. We are young at heart !

Robyn


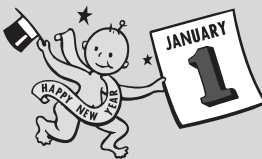
It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of the sunbeam.

This crisp winter air is full of it.

~ John Burroughs ~ "Winter Sunshine"



Winter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 JANUARY 2014		 1 Happy New Year Center Closed	2 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD PM MALL SHOPPING	3 8:00 ACUPUNCTURE \$25 (By Appt) 9:00-12 FOOT CLINIC \$29 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE, THE IMPOSSIBLE PM SHOPPING –SHAWS LEGION & BARSTOW
6 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	7 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 1:00 BID WHIST PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	8 9:30 YOGA \$4 10-12 CHAIR MASSAGE \$10 (By Appt) 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	9 10:00 EXERCISE \$4 10:00 BOWLING 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	10 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 ART MATTERS \$2 PM SHOPPING –SHAWS LEGION & BARSTOW
13 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 12:45 HEARING TESTS (By Appt) 1:00 NEW YEAR'S TEA 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	14 9-12 BEAUTY SALON \$15 (By Appt) 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST PM SHOPPING KOHL'S/ STOP & SHOP	15 9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	16 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	17 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH PM SHOPPING-SHAWS LEGION & BARSTOW
20 MARTIN LUTHER KING DAY CENTER CLOSED	21 9:00 BLOOD GLUCOSE 9:30 MEN'S DISCUSSION 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 1:00 BID WHIST PM SHOPPING MARKET BASKET BRIDGEWATER	22 9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	23 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	24 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE, ROSA PARKS STORY PM SHOPPING-SHAWS LEGION & BARSTOW
27 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	28 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST PM SHOPPING HANNAFORDS	29 9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	30 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	31 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH PM SHOPPING-SHAWS LEGION & BARSTOW

*All the seniors in town
are reading this newsletter.*





Do they know who YOU are?

Call to place an ad today

800-732-8070



**Be World
Conscious
Recycle!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWA-CUSHING & OTHERS	4 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 1:00 BID WHIST PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	5 9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	6 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	7 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE GREAT DEBATER PM SHOPPING -SHAWA LEGION & BARSTOW
10 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 12:45 HEARING TESTS 1:00 VALENTINE'S TEA 1:00 MAH JONG PM SHOPPING SHAWA-CUSHING & OTHERS	11 9-12 BEAUTY SALON \$15 (By Appt) 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST PM SHOPPING KOHL'S/ STOP & SHOP	12 9:30 YOGA \$4 10-12 CHAIR MASSAGE \$10 (By Appt) 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	13 10:00 EXERCISE \$4 10:00 BOWLING 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	14 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 ART MATTERS \$2 PM SHOPPING -SHAWA LEGION & BARSTOW
17 PRESIDENT'S DAY CENTER CLOSED	18 9:00 BLOOD GLUCOSE 9:30 MEN'S DISCUSSION 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 1:00 BID WHIST PM SHOPPING MARKET BASKET BRIDGEWATER	19 9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	20 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	21 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH PM SHOPPING-SHAWA LEGION & BARSTOW
24 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWA-CUSHING & OTHERS	25 ALL AM AND PM ACTIVITIES CANCELLED 12:00 DIVERSITY LUNCH CHINESE FEAST AND ENTERTAINMENT NO PM SHOPPING	26 9:30 YOGA \$4 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/ MAH JONG	27 10:00 EXERCISE \$4 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM MALL SHOPPING	28 8:00 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXER 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE, THE BUTLER PM SHOPPING-SHAWA LEGION & BARSTOW
 FEBRUARY 2014				

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-732-8070



**Be World
Conscious
Recycle!**

JANUARY HIGHLIGHTS**NEW YEAR'S TEA**

Monday, January 13, 2014 at 1PM, Fee \$3
Optional card readings \$10.00 Limited readings,
please sign up .
Share the New Year with friends and a cup of tea!
Also, find out what the New Year might hold for you
with a card reading by Jane Murray and Valerie
Reservations are necessary.

ZUMBA GOLD**FREE INTRODUCTORY CLASS!**

Zumba Gold classes will begin, on Thursday, January
2, 2014 at 1:00 PM. This introductory class is free!
From then on the fee is \$ 4.00 per class .
Zumba Gold instructor, Pasqualina Schoentholer, well
known in the Senior exercise circuit will teach her
popular program here on Thursdays at 1:00PM.
Licensed to teach specially designed zumba
classes for the active older adult or unconditioned par-
ticipant.
Pasqualina will take Latin dance rhythm and move-
ment and emphasize the basics of zumba dance and
exercise.

ART MATTERS**Henri Matisse**

Friday, January 10, 2014 at 1PM Fee \$2
Enter the world of Matisse; a world of color, enjoy-
ment and peace. A place that celebrates flowers, sun-
shine, beautiful women, complex patterns, rich tex-
tures, fine foods, tempting aromas, books, dance, mu-
sic and art. Matisse's world has a "calming influence
on the mind, like a good armchair." Indulge yourself
and join us for a vacation from stress, into the sanctu-
ary of Matisse's World. Reserve your place.

BEADING CLASS

Silver and Ice Pendant
With
Terry McMahon
Thursday, January 9, 2014 at 1:00 PM
\$6.00
Limited seating
Sign up is necessary

FEBRUARY HIGHLIGHTS**VALENTINE'S TEA**

Monday, February 10, 2014 at 1PM, Fee \$3.00.

Enjoy a cup of soup (Hart Brother's Minestrone)
before you have tea and a delicious chocolate dessert

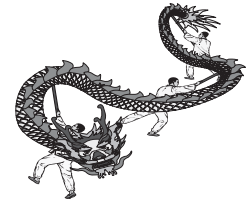
DIVERSITY LUNCHEON

Tuesday, February 25, 2014
At 12:00PM

David of Quan's Kitchen will be
hosting our Diversity luncheon
highlighting China.

Chinese Lion dancers will present a traditional Chinese
lion dance.

Your lunch is provided free by Quan's Kitchen but we
are asking for a \$3.00 donation to help defray the cost
of our other expenses. Please come in to make a reser-
vation for this event.

**ART MATTERS**

Friday, February 14, 2014 at 1PM Fee \$2

Surrealism What is real? What is a dream, a night-
mare, a fantasy? Many artists make visual what many
can only imagine. The Surrealists view of the world
was sometimes dark, curious, even frightening, explor-
ing the subconscious and the irrational. But also they
reveal curiosity, much humor, and the poetic hint of
possibility. Touch your inner eye, brave the world of
the Surrealists. Please make your reservation.

INCLEMENT WEATHER POLICY

If the schools are closed because of inclement weather,
there will be no activities or van transportation. The
center will be closed.

REMINDER Please call and make reservations to at-
tend activities. We have been cancelling activities
with little or no interest and will continue to do this.
Call to make sure that this does not happen to pro-
grams you want to hear. Thank you.

DURING WINTER STORMS AND EXTREME COLD

Residents are asked to be aware of the following:

Residents are advised to keep all parked cars and other automobiles off all roads; Information will be provided continually through the town's Facebook and Twitter accounts, and will be regularly posted on the town's website.

Shelter and warming stations will be announced.

Residents are urged to check on neighbors who may need assistance after the snow subsides; The possibility of downed power lines covered by snow is a real and potential serious danger. Please pay particular attention to this probable hazard and exercise extreme caution when outside during and after the storm. If you have an emergency during the storm, please dial 911.

EMERGENCY FORMS

If you wish to be on our emergency contact list in the event of a winter storm, we need the following information completed and sent to the Hanover Senior Center at 665 Center St, Hanover, MA 02339, Attention: Joyce Wilson.

NAME.....
 ADDRESS:.....
 PHONE:DATE OF BIRTH.....
 EMERGENCY CONTACT:.....
 PHONE # (HOME)
 (WORK).....
 DOCTOR.....
 PHONE #.....
 HOSPITAL
 MEDICINES:
 (1).....
 (2).....
 (3).....
 (4).....
 (5).....
 ALLERGIES.....

After Winter Storms And Extreme Cold

Go to a designated public shelter if your home loses power.

Update the emergency kits in your vehicles with:

- a shovel
- windshield scraper and small broom
- flashlight
- battery powered radio
- extra batteries
- water
- snack food
- matches
- extra hats, socks and mittens
- first aid kit with pocket knife
- necessary medications
- blankets
- tow chain or rope
- road salt and sand
- booster cables
- emergency flares
- fluorescent distress flag

GRATITUDE CORNER

Thank you to the following:

June Bergeron, Lee Bodkin, Louise Cedarstrom, Linda Dempsey, Barbara DeVito, Dot Doyon, Joan Dubois, Lillian Flaherty, Beverly Hayes, Jo Judge, Debbie & Stan Katsikis, Marianne Keiley, Darlene Lambert, Carol Landers, Roger Leslie, Stella McCauley, Jean Migre, Mary Reaney, Barbara Sawtelle, Gordon Stapen, Suzanne Stevens, Virginia Szejnar, Dot Tripp, Eileen Zadorian, Lions Club, Pat L'Italien, Nancy GaffeY, Nancy Lester, Katie O'Brien, Joyce Wilson, Janet Kirby, Nancy Lee, Ellen Butler, Jane White, Thelma Litchfield, Linda Ducharme, Eloise Lyons, Virginia Sjeznar, Mary Deame, Marilyn DeBoer, Ruth Hunt, Dorothy Doyan, Betty Vogel, James Moran, Al Mickunas, Washburn's Candy, Janet Merchant, Pauline Donovan, Mary Simmons, Janet Greene, Bob Cirino, Barbara Devito.

2014 MEMBERSHIP FRIENDS OF THE HANOVER COUNCIL ON AGING NEW AND RENEWED MEMBERS

Geraldine & James Murphy, Carole Downey,
Al Gratzner, Shirley Anne Beers, Carmella Cooley
Jean & James Carroll, Margie Andresse
Thomas & Claire Ray, Antoinette Caccavo
Judith & John Condon, Mary & Fred Fox
Peter Adams, Ann Savage, Claire White
David Bond Co. Deloris & Robert Hannon
Peggy Desmond—Nora Hutchings, Mary Deware
Jeanne Marie Kiely, Bill & Joyce McDonald
Helen Kelley, Margaret Sullivan, Joan Climo
Hanover Tops (Brick)—Virginia DiSabatino
Barbara Nelson, Carol Perry, Doreen Giordani
Robert & Barbara Brown, Francis & Carol Fraser
James & Mary Sabin, Joan Norris & Ray Larsen
Marianne Willett, Lillian Pollini Flaherty,
Robert & Claire Jordan, , Alfred & Joan Wood
Alfred & Joan Januszewski, Norma Morgan
Emma Alpert, Marie Olson, Mary M. Hamill
Al & Nancy Mickunas, Karl & Carol Radke, James
Moran

IN HONOR OF:

Marilyn DeBoer by Thelma Collins

IN MEMORY OF:

John Chizauskas by Ann Chizauskas
William McIntyre by Anne McIntyre
Steven Botto by Dorothy Merritt
Helen Jane Love Joy Walsh by David Walsh
Chris Abboud by George & Margorie Miller
Fred Currier & Paul McGrail by Roberta Currier
Catherine Giariello by Frank Giariello
Alice Talanian by Virginia Childs
Chris Abboud by Elaine Koury
Peggie Keane by John Keane
Esther Feeley by Robert & Maryanne Cirino
Mary Gonzalez by Maria Lako
Edward J. Hayward by James McCormack
Ed "Papa" Hayward by The Mapson Family
Edward J. Hayward by Brian Beckmeyer
Edward Hayward by the Golden Knights
Ann O'Rourke by Paul & Diane Hickey
Daniel J. McLaughlin by Ruth J. McLaughlin
Joseph Ceurvels by Elena Ceurvels
Jill Faulstick by J. Paul & Sheila Valicenti
**Any donations made after December 1, 2013 will
appear in the March newsletter.**

TAX PREPARATION IN 2014

Joe Benson will be back to prepare tax returns at the Hanover Council on Aging. The day of the week has not been set yet. Call to make an appointment to have your taxes done here. There is a charge for this service.

NOT FORGOTTEN

"I am always saddened by the death of a good person. It is from this sadness that a feeling of gratitude emerges. I feel honored to have known them and blessed that their passing serves as a reminder to me that my time on this beautiful earth is limited and that I should seize the opportunity I have to forgive, share, explore, and love. I can think of no greater way to honor the deceased than to live this way."

Steve Maraboli

Christine Abboud, Josephine Antonellis, Theresa Anderson , Mary Barron, Francis Barry, George Bezanson,, Robert M. Bowen, Barbara Bushnman, James P. Carley, Joseph L. Ceurevels, Douglas Chetwynde, Carolyn Clauson, Carolyn Clement, Eleanor Coupe, David Cranton, David Crosby, Clair Davis, Elaine DeClercq, Phillip Dolan, Salvatore Cugno, Richard E. Curtis, Frances Deering-, Gloria Dentino, Dennis Dorgan, Nancy Dowd, Jean Dwyer Gladys Elwell, Elwood Turner, Catherine Giardiello Paul Griffin- Connie Harris, Elsa Hart, Herbert Hibbitt Donald Johnston, Doris J. Hubbard, Margaret Keyes- John King, Isobel H. Leitch, Doris Lewald Mary E. Lishman, Donald Liston Walter J. Madden, Paul E. Maglione Lydia Marcelonis, Constance MacKenzie, Catherine McCarthy, Robert Murphy Thomas Mitchell, Louise Murrar George J. Nickerson, Jerilyn Palmer Kathleen Pelletier, George Reich- George Reich, Jr., Maureen A. Remondini, Dorothy Sanders Dorothy Shorey, Sandra Shutt Eleanor Sinkiewicz, William Strahan, Ethel Stowe Honore Taylor, Elwood Turner, Eleanor Whelan- Shirley Whiting, Pauline D. Williams Deborah T. Wood, Shirley Hendrex, Robert Zedik George MacDonald, Al Wood

Allerton House

at Hingham

Assisted Living Residences

Private Apartments • Short Stay Program
Personal Care • Social Activities

Call today for your personal tour!

781-749-3322

15 Conditto Rd, Hingham, MA



Life Care Center
of the South Shore
781.545.1370
www.LCCA.com

306 Washington Street (Rte. 53)
Norwell, MA 02061
664 Nantasket Ave.
Hull, MA 02045

**Norwell Physical Therapy
&
Sports Rehab., Inc.**

John Johnston, PT, DPT, OCS
Doctor of Physical Therapy

(781) 659-7937

www.norwellphysicaltherapy.com



QUEEN ANNE
NURSING HOME

**South Shore's Preferred Nursing
& Short Term Rehabilitation Center**

50 Recreation Park Drive, Hingham, MA 02043

(781) 749-4982

Fax: (781) 740-4283

www.queenannenh.com



Old Colony Elder Services

Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301

508-584-1561

TTY 508-587-0280

www.oldcolonyelderservices.org

**Advertising Sponsors make
this newsletter possible**



For Information Call

**Mark
Bell**

1-800-732-8070
ext. 3429

email: mbell@4LPi.com

Are you ever alone?

You're never alone when you have a medical alert!

*"I feel more independent, safe, and secure
with my medical alert."*

Less than \$1 per day

► No Long-Term Contracts

► Price Guarantee

► A+ Rating with BBB

► Made and Monitored in the USA

Call Today to learn more about our Special Offer.

1.877.801.5055

Toll Free



CareWell
ADULT DAY WELLNESS CENTER

Health Care Facility • Full Medical Staff - Alzheimer Care
Custom Health Care Plans

Meals • Recreation • Events • Patio • Garden • Music/Entertainment
Excursions • Physical Therapy • Pick Up/Drop Off • **FREE TRIAL DAY**

CareWell – Full Recreation & Medical Center

Let Us CareWell for the One's You Love.™

141 Longwater Drive, Norwell, MA • 339-788-9635

**South Shore's Premier
Senior Rental Community**
with a Continuum of Care

**VILLAGE AT
PROPRIETORS GREEN**
Independent Living • Assisted Living • Memory Care

Call today for more information.

866-792-9326

10 Village Green Way, Marshfield, MA

www.ProprietorsGreen.com

Over 60 Years of
Quality Service
Welch
HEALTHCARE AND
RETIREMENT GROUP

A tradition of quality care from our family to yours.

Council On Aging Staff

Robyn Mitton,
Elder Services Director

Joyce Wilson,
Assistant Director

Nancy Lester,
Administrative Assistant

Katie O'Brien
*Transportation/Volunteer
Coordinator*

Dawn Rivers,
Nutrition Manager,

Janet Kirby
Kitchen Aide

George Shanahan,
Van Driver

Jim Palana, *Van Driver*

ADVISORY BOARD

Donald Buckley,
Chairman

Eleanor Kimball,
Treasurer

Joan Picard

James Gallant
Elmont Mickunas

Richard Farwell

Claire Flynn

Hanover Council on Aging
665 Center Street
Hanover, MA 02339

PRE-SORT STD

U.S. POSTAGE

PAID

HANOVER, MA 02339

PERMIT #51

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani

FRIENDS OF THE HANOVER COUNCIL ON AGING

Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2014

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____